


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> Presentation Support Group Hands-On Kid Activity Cooking Demo Virtual Store Tour Movement Demonstration 	<p>Learn something new with our FREE Virtual Nutrition Events!</p>  <p>Led by registered dietitians, we offer fun & educational events for the whole family. For full event descriptions & to register, Scan this QR Code or bigy.com/be-well/virtual-nutrition-offerings</p>				<p>Back to School Lunches 7 9:00 - 10:00 AM</p> <p>Lunch & Learn: All About Passion Fruit 8 12:00 - 12:30 PM</p>	2
	4	<p>Family Meal Planning on a Budget 5 9:00 - 10:00 AM</p> <p>Back to School Lunches 6 6:30 - 7:30 PM</p>	<p>Gluten-Free Living 6 9:00 - 10:00 AM</p> <p>Lunch & Learn: All About Acorn Squash 7 12:00 - 12:30 PM</p> <p>Family Meal Planning on a Budget 8 6:30 - 7:30 PM</p>	<p>Gluten-Free Living 7 6:30 - 7:30 PM</p>	<p>Nutrition Jeopardy 8 12:00 - 1:00 PM</p>	9
<p>Let's Get Cooking: 3 Turkey Chili and Cranberry Pomegranate Salsa 12:00 - 1:00 PM</p>						
10	<p>Fight BAC: All About Food Safety 11 6:30 - 7:30 PM</p>	<p>Living with Diabetes 12 10:00 - 11:00 AM</p> <p>Eat What's in Season 13 10:00 - 11:00 AM or 6:00 - 7:00 PM</p>	<p>Go Nuts Over Nuts 13 10:00 - 11:00 AM or 6:30 - 7:30 PM</p>	<p>Eating Behavior Management Series 14 4:00 - 5:00 PM</p>	<p>Lunch & Learn: All About Garlic 15 12:00 - 12:30 PM</p>	<p>Shopping for Whole Grains 16 10:00 - 11:00 AM</p> <p>Tailgate Party: Tips & Tricks 17 12:00 - 1:00 PM</p>
<p>Fall into a Healthy Lifestyle 17 5:00 - 6:00 PM</p>	18	<p>Eating Behavior Management Series 19 6:30 - 7:30 PM</p>	<p>Lunch & Learn: All About Delicata Squash 20 12:00 - 12:30 PM</p> <p>Let's Get Cooking: Farro and Peanut Stuffed Mini Pumpkins 21 6:30 - 7:30 PM</p>	<p>Shopping for Whole Grains 21 9:00 - 10:00 AM</p> <p>Kitchen Savvy Kids 22 6:30 - 7:30 PM</p>	<p>Kitchen Savvy Kids 22 10:00 - 11:00 AM</p> <p>Fight BAC: All About Food Safety 23 12:00 - 1:00 PM</p>	23
<p>Kids Get Cooking: 24 Banana Crunch Pancakes 5:00 - 6:00 PM</p>	<p>Nutrition Jeopardy 25 6:30 - 7:30 PM</p>	<p>Living with Diabetes 26 6:30 - 7:30 PM</p>	<p>Fall into a Healthy Lifestyle 27 10:00 - 11:00 AM</p>	<p>Eating Behavior Management Series 28 4:00 - 5:00 PM</p> <p>Let's Get Cooking: Grilled Halibut 29 6:30 - 7:30 PM</p>	<p>Eat Well, Age Well 29 12:00 - 1:00 PM</p>	30